

# May Program Highlights

## Urbana Senior Center

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www.FrederickCountyMD.gov/aging

### Garden Party

The Urbana Senior Center is hosting a garden party for all the Frederick County Senior Centers. Menu: tuna/chicken/egg salad, coleslaw, potato salad, fruit, dessert

**Date:** Wednesday, May 25

Sign-up by Wednesday, May 18

**Time:** 10:30 a.m.-1:30 p.m.

**Cost:** \$5.00 (suggested lunch contribution)

### Walk Across Maryland

This summer we will “figuratively” walk across Maryland! Walk with a group or on your own. Record your miles at the center. Earn a prize for every 25 miles walked.

**Date:** Wednesday, May 4

### Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve’s talk will be “My doctor orders blood work but how does my blood work...a discussion on components and conditions that affect the circulatory system.”

**Date:** Thursday, May 12

Sign-up by Monday, May 9

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)

### Mobile Information & Assistance

Staff from the Department of Aging/Maryland Access Point will provide information and complete applications for Tax Credits, Energy Assistance, and Medicare Subsidies.

**Date:** Wednesday, May 11

2<sup>nd</sup> Wednesday of each month

Appointments are encouraged

**Time:** 11:00 a.m. **Cost:** Free

### Prepare an Advanced Directive

Have your advanced directive prepared for free. Pro bono attorneys will be here for Law Day. Appointments are required.

**Date:** Tuesday, May 3

**Time:** By appointment only **Cost:** Free

### Mother's Day Luncheon

Today we celebrate the women in our lives who have “mothered” us over the years. Menu: beef eye round, baby whole carrots, baby whole potatoes, coleslaw, dinner roll, melon, brownie

**Date:** Thursday, May 5

Sign-up by Thursday, April 28

**Time:** Noon **Cost:** \$4.68 (Regular meal cost)

### The Inside Scoop: Education & Ice Cream Blaze a Trail: Paint Night

Join us for Paint Night! Learn a little about an artist and then “blaze a new trail” as you copy one of his/her works using watercolor. Our choice of beverage will be root beer floats!

**Date:** Tuesday, May 17

**Time:** 6:00 p.m. **Cost:** Free

### Supper Club

Join us for dinner at a local restaurant the first Tuesday of each month. Sign-up is required since we will be making reservations.

**Date:** Tuesday, May 3

**Time:** 5:00 p.m. **Cost:** Separate checks

**Restaurant:** Los Tolteros (7<sup>th</sup> St.)

### Artful Creations

Create unique and fun art work! This month we will be painting with rubber bands!

**Date:** Wednesday, May 11

Sign-up by Thursday, May 5

**Time:** 1:00 p.m. **Cost:** Donation

(see other side for calendar of activities)